

The self-image, self-confidence, self-discipline, and self-control your child develops today will determine the level of happiness he or she will have as an adult.



Authentic Japanese Karate can aid your child in developing

Dear Parents,

I know your child has lots of choices for after school programs. But wouldn't it be great if they could learn a set of skills that will help them throughout their entire life and STILL have fun doing it? That is what my karate program is all about.

1) Character Building

Traditional karate works on building a strong character within a student to help them establish respect for others, self-discipline, focus, self-control and much more.

2) The power to say NO

Karate training gives your child the strength not only to say "NO" to negative, potentially harmful peer pressure but to also back up their words with deeds.

3) Leadership Training

Our young students become the leaders of their peer groups, not compliant followers, fearfully seeking acceptance. Today's world requires such strength from children.

4) Improved Grades

Karate students are often among the top level of academic achievers. One reason is our Academic Achievement Program. Students can vastly improve their grades using the self control and focus I teach.

5) Life Lessons

Each week I discuss a lesson that is vital to developing a strong character - honesty, integrity, work ethic, etc.

I will offer karate for the eighth year at LILA. Classes will be offered on Monday and Tuesday on the Main Campus and on Wednesday at the Headwaters Campus after school from 2:20 to 3:15. **While any child may register for karate, enrollment preference will go to students who took karate in the last session. Classes will be limited to 16 students.**

"Kurt and I wanted to thank you for every- thing you've done for the kids over the years. We believe the skills they have learned through your teachings are invaluable and gifts they can take with them throughout their lives. Thank you for being such a great teacher of teachers."
Pam Mercer, Parent, Behavior Intervention

I like karate so much it is my favorite activity. It controls my behavior by teaching me how to control myself.
Abby Millerbernd, age 10

I've learned to control my thinking and to keep all the outward distractions from consuming my thoughts. Staying focused allows me to be more in control and more secure. I have learned many new skills that I will keep with me throughout my life.
Abriel Anderson, Cambridge

Please see the second page of this flyer for details on class days & times, tuition, and class application.

More information about our karate dojo or the program we teach at LILA is available on our website. Please use the link below.



Kyoshin Ryu Karate Academy

More than just Punching and Kicking, We Help You Grow

651-982-9395

www.kkakarate.com/LILA



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LILA Karate Class - Main Campus Permission and Information Form

18 Week Program - Monday or Tuesday

January 8, 9 through May 14, 15

2:20 to 3:15 after school

Any Monday LILA is closed we will have class on Wednesday that week

Student Name _____ Age _____ Birth date _____

Address _____ City _____ Zip _____

Home Phone # (____) _____ Mother's Name _____ Work/Cell # (____) _____

Father's Name _____ Work/Cell # (____) _____

Email ID (Please Print Clearly): _____

Preferred day to attend class: _____ Monday _____ Tuesday

Students must have a gi (uniform). They can use an existing gi or purchase one here for \$42.00.

Gi Size Chart: : Ht. 3' 6" - 3' 10" **Size 000** 3' 10" - 4' 2" **Size 00** 4' 2" - 4' 6" **Size 0** 4' 6" - 4' 10"

Size 1 4' 10" - 5' 2" **Size 2** 5' 2" - 5' 5" **Size 3** 5' 6" and over

Student, and/or his/her parents, acknowledges the existence of the potential for personal injury in participating in a course of instruction in an activity such as Karate, and that he/she is assuming this risk without liability to Kyoshin Ryu Karate Academy or its instructors, by executing this agreement and participating in said course of instruction. Student, or parents, further shall hold harmless and indemnify school and instructor from all claims of any kind in nature that may have resulted from participation in any and all courses.

Payment: Tuition \$235 Uniform \$42 Sparring Gear \$115 boys/\$105 girls

Sparring Gear is optional for beginning students and will be sized the first week of class. Gear includes: Helmet, hand and foot pads, mouth guard, groin cup for boys, and a mesh carrying bag.

Tuition may be paid in full or 2 monthly payments of \$117.50. If paying by credit card please check here: **(To pay by CC you must call the karate school.)**

(Student)

(Parent or Guardian)

(Date)

Return Permission Form to LILA or the karate school with payment attached. If you have any questions call the karate teacher, Chuck Phillips.

Kyoshin Ryu Karate Academy
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www.kkakarate.com ♦ facebook.com/KKAKarate